



TRANSPORTATION, FOOD AND WATER

Food and Water

- Participants will enjoy mostly traditional cuisine, which includes beans, rice, meat, salads, soups and potatoes.
- This food is prepared with great care by our local staff.
- In Quito, a wide range of both Ecuadorian and North American food is available. Bottled or filtered drinking water will be readily available throughout the trip.
- Participants are asked to bring a re-usable water bottle.
- ***Participants with specific allergies to foods can be accommodated and alternative options are available. It is imperative that this information is clearly communicated on the participants application form early in the process of enrolling.***

Transportation

- All vehicles used on the ground in Ecuador are driven solely by Me to We staff members. The group travels in coach buses and there is always a small vehicle in the community for emergency situations.

